

September

□ Prostate Cancer Awareness Month

Prostate cancer is the most common cancer in men. In the United States in 2008,* 214,633 men were diagnosed with prostate cancer, and 28,471 men died from it.† CDC provides men, doctors, and policymakers with the latest information about prostate cancer. Prostate Cancer is defined as cancer that forms in tissues of the prostate (a gland in the male reproductive system found below the bladder and in front of the rectum). Prostate cancer usually occurs in older men. <http://www.cdc.gov/cancer/prostate/>

□ Fruits and Veggies - More Matters Month

Looking for a brighter future? Try eating a diet rich in colorful fruits and vegetables. The potential benefits associated with eating more fruits and vegetables stack up quickly: Reducing your risk of certain chronic diseases is only the beginning. Whether fresh, frozen, canned, dried or 100% juice, these 200+ taste sensations are quick, delicious and convenient, and will keep you healthy all year round.

Sickle Cell Disease Awareness Month

The Sickle Cell Sabbath Program was an educational effort created to increase African-American awareness about sickle cell disease (SCD) and the importance of blood and cord blood donations in helping individuals affected by the disease.

□ Sickle Cell Sabbath (9/16)



The program was modified to include an education session, a donor-directed blood drive and sickle cell trait testing components. In addition, the donor-directed blood drives honor the contributions of Dr. Charles Drew, an African-American physician who pioneered modern blood banking techniques. Contact your local Sickle Cell chapter for more information or visit <http://www.nhlbi.nih.gov/health/health-topics/topics/sca/>

□ H.O.P.E./Let's Move Conference 2012: Brown Baptist Church -Southaven, MS (September 21-22)

□ Let's Move Sunday (September 23)

Let's Move! Sunday, September 23 will be our Let's Move Sunday. Join First Lady Michelle Obama in this comprehensive initiative dedicated to solving the challenge of childhood obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams. On Sunday, September 23, why not include some active worship service strategies along with the Let's Move comprehensive strategies of common sense. Include more walking during this Sunday in your services; provide information on the importance of movement.

Be involved in "The Walls Came Tumbling Down" by walking around your church building or grounds seven times. Get involved in the weight loss contest and help your congregation to lose 1000 pounds in one month by movement. Everyone has a role to play in reducing obesity, including parents, children, elected officials from all levels of government, schools, health care professionals, faith-based and community-based organizations, and private sector companies. Your involvement is key to ensuring a healthy future for our children. <http://www.letsmove.gov/learn-facts/epidemic-childhood-obesity>



Health Outreach Prevention Education
"Building Healthy Communities - Congregation by Congregation"

FAITH, HEALTH, ACTION! Get ready for the First Annual H.O.P.E. Conference - *"The Merging of Faith and Health: Preparing God's People For Action."*

Our goals for the conference are to **educate, enlighten, energize and equip** the saints to take better care of themselves and help others to do the same so that we may be ready, able and present to do God's will. The Conference will be held concurrently with the Annual Session of our Convention, September 4-7, 2012, in Atlanta, Georgia.

We plan three educational tracks: Clergy/Laity, Practitioner, and Researcher/Academician. The sessions will mirror our ongoing areas of emphasis which include: children and families, seniors, research and assessment, health and wellness promotion, resource procurement, and special populations.

Although part of the Annual Session of the NBC, USA, Inc., this conference will be **open to all**. Our 2013 conference will take place September 3-6 in Charlotte, NC.

You will be able to preregister for the conference online. H.O.P.E. Conference registration fees will vary based on your status with the H.O.P.E. Initiative and NBC, USA, Inc.. Vendors for our Health Fair are also welcome! More information will be published as it becomes available.

U can prevent colon cancer by getting screened starting @ age 45. Call Colon Cancer Alliance helpline 877-422-2030

THE AFFORDABLE HEALTH CARE FOR AMERICA ACT

Not President Barak Obama's Plan, but the United States of America Healthcare Plan

An act to provide affordable, quality health care for all Americans and reduce the growth in health care spending, and for other purposes.

Major changes from the Affordable Health Care for America Act include (1) expand access to care (2) ends abuses of insurers (3) makes healthcare more affordable (4) enhances the quality of healthcare for all Americans.

Pre-existing Conditions: People with pre-existing health conditions are eligible for the new Pre-Existing Condition Insurance Plan (PCIP). www.pcip.gov Eligibility: (1) be a citizen or national of the United States or reside in the U.S. legally; (2) have been without health coverage for at least the last six months; (3) have a pre-existing condition.

People with low or no incomes will have greater access to care through an expanded network of community health centers. To find the center near you, go to <http://findahealthcenter.hrsa.gov>

Insurers cannot cancel your coverage if you become sick because of an unintentional mistake on an application. They cannot cap the dollar amount they will pay in health care for a person over a lifetime. If insurers deny care or payment for services, consumers will have a new appeal process in new health plans.

States have new resources to thoroughly review large rate increases and crack down on premium hikes.

If you visit the emergency room, many insurance plans can't charge you more for emergency services obtained out of a plan's network.

Consumers can compare plans and find the best value online at www.HealthCare.gov.

College Children Continue Coverage

The law allows parent to continue the coverage of their young adults ages 19 to 25 covering young people with pre-existing conditions, such as heart problems or neurological disorders, to maintain health insurance. Over two million young people have already taken advantage of this feature.

Insurance Companies Contributions

HOLDS INSURANCE COMPANIES ACCOUNTABLE FOR UNREASONABLE RATE HIKES—Creates a grant program to support States in requiring health insurance companies to submit justification for all requested premium increases, and insurance companies with excessive or unjustified premium exchanges may not be able to participate in the new Health Insurance Exchanges. Starting in plan year 2011.

FREE PREVENTIVE CARE UNDER MEDICARE—Eliminates co - payments for preventive services and exempts preventive services from deductibles under the Medicare program. *Effective beginning January 1, 2011.*

<http://www.healthreform.gov/reports/keyprovisions.html>

Starting in 2014,

(1) women will no longer be charged higher rates by insurance companies due to gender or health status.

(2) you can no longer be discriminated against based on a pre-existing condition.

(3) Americans who earn less than 133 percent of the poverty level (approximately \$14,000 for an individual and \$29,000 for a family of four) will be eligible to enroll in the Medicaid program.

(4) All people without insurance can purchase affordable insurance through a State-based Health Insurance Exchange starting in 2014. Those with low and middle incomes can receive a tax credit to help pay for the coverage.

(5) In 2014, as a matter of fairness, the Affordable Care Act requires large employers to pay a shared responsibility fee only if they don't provide affordable coverage, and at least one of their employees is benefiting from premium tax credits.

Small businesses that have fewer than 50 employees – 96% of all firms in the United States – are exempted from the employer responsibility requirement.

Starting in 2020

Seniors and others with Medicare are receiving a 50 percent discount on covered, brand name prescription drugs when in the donut hole. In 2020, the donut hole will be closed. Seniors and others with Medicare are eligible for free preventive care such as annual wellness checkups and cancer screenings.

Are you having difficulty affording your medication co-pays?

www.copays.org

Make Your Church Healthier

You can help your church become healthier by appointing a "Health Ambassador for your local congregation. Once appointed, we have the training classes available to assist in your development. We have a level of health that will fit any local church congregation. Contact Dr. Michael Minor at mominor@midsouthchurches.org

And Now a Word
from Our Partners

American Diabetes Association
American Kidney Fund
American Heart Assn/American
Stroke Assn
American Cancer Association
Easter Seals
National Alliance for Nutrition and
Activity (NANA)
Pancreatic Awareness Network
Sickle Cell Anemia Disease
Association
U.S. Dept. of Health & Human Svcs

The hardest part of
losing weight is
staying motivated.
Keeping a journal of
your weight loss
efforts can help.

THE CHALLENGE OF TWO MILLION HEARTS

Challenge. In joining efforts with Million Hearts, we want to make the NBCUSA the healthiest major denomination in America over the next ten years as measured by the ABCS (aspirin for those at risk, blood pressure control, cholesterol management, and smoking cessation).

http://millionhearts.hhs.gov/be_one_mh.html?s_cid=bb-millionhearts-016



September is back-to-school month! Don't forget to start your day – and your child's day at school or home – with a healthy breakfast. The School Breakfast Program is free to those who are eligible and offers kids a nutritious breakfast at school so they can start their day off right. Talk to your child's teacher to learn more. Here are two easy recipes you can also try to start your day with more tasty, wholesome fruits and veggies.

Yogurt Parfait
Yogurt Parfaits make a great quick breakfast on a busy morning. To save time, chop up the fruits the night before. Combine ingredients the next morning and take it with you on the go! For best price, use thawed frozen fruits or fresh fruits in season.



English Muffin Breakfast Sandwich

Make this tasty treat on a morning you have a little more cooking time – or for a nice weekend brunch. Spinach, tomato, and avocado help this breakfast sandwich pack a nutritional punch. For more information, visit CookingMatters.org



Healthy Ministry Marketing that Works

SPECIAL EVENT NAME/TYPE	BENEFITS
Health Screening or Information Fair/Health Fair	<ul style="list-style-type: none"> ▫ Provides information to member about themselves ▫ Personal Glucose information provided ▫ Personal blood pressure information provided ▫ flu shots information/distributed reviews/prescription reviews ▫ Sundays appear to be the best day <p>Remember to stay away from liability issues</p>
Team CSI: Christian Service Individuals	<p>This is a Medical Response team where individuals are available for church services</p> <ul style="list-style-type: none"> ▫ Create a team that addresses health emergency issues only and have them educated and attend the First Responders training ▫ Purchase First Responders Equipment ▫ Bond medical personal in local congregation ▫ Create a plan of response especially remembering to telephone from a landline and/or designed cell phone that will alert the local area paramedics ▫ Create a plan of emergency exit for hurricanes, illnesses, etc. Remember to have team learn CPR and the use of AED ▫ Have simple steps ▫ Initiate a communication process within the church
Tips for Extreme Health Makeovers	<p>Health information in worship bulletin each week called EXTREME MAKEOVER!</p> <ul style="list-style-type: none"> ▫ Creates a knowledge for the member ▫ Provided healthy tips to members ▫ Disseminates health information ▫ Creates church safety as it relates to fire safety; tornadoes; earthquakes; terrorist attacks again parishioners whether domestic or foreign ▫ Generates interest in personal health ▫ Can generate a calendar ▫ Alerts members of health issues and warning signs of medical conditions ▫ Can teach members how to read labels ▫ Creates a subliminal message path on health
Blood Drives partnerships with local blood bank is a win-win for all	<ul style="list-style-type: none"> ▫ Gives back and allows for receiving options ▫ Persons learn their blood type ▫ Congregation was allowed to be become involved ▫ There was fellowship through communication ▫ Utilized as an evangelism tools with the message that "one unit touches 3-6 lives" ▫ Specified a precious commodity that every community has and needs
Pastoral Points for Prospering – process where the pastor provides specific health tips each Sunday stressing the need for good health.	<ul style="list-style-type: none"> ▫ Found to be a strong asset ▫ Created a larger response group ▫ Found that sickness brings interest ▫ Allowed to market from children's perspective

Upcoming for October :

- National Bullying Prevention Month
- National Church Safety and Security Month
- National Breast Cancer Awareness Month